



AUTISM ROADMAPS



Autism Roadmaps Patient-Psychiatrist Partnership Assessment

Personal Profile (optional)

Name:

Date:

Age:

Date of Birth:

Gender:

Email:

Phone #:

*“The secret of the care of the patient is in caring
for the patient”*

- Dr Francis Peabody

For each statement, please choose: **Yes** (2 points) = This is consistently true;
Sometimes (1 point) = This happens occasionally; **No** (0 points) = This rarely or never happens

Trust and Connection

	YES	SOMETIMES	NO
1. My psychiatrist makes me feel understood and respected.	☐	☐	☐
2. My psychiatrist maintains appropriate professional boundaries while being supportive.	☐	☐	☐
3. My psychiatrist provides active guidance rather than leaving me to figure things out alone.	☐	☐	☐
4. I feel comfortable being honest with my psychiatrist.	☐	☐	☐
5. I can trust my psychiatrist even when discussing difficult topics.	☐	☐	☐
6. My psychiatrist genuinely cares about my/my child's wellbeing.	☐	☐	☐

Treatment Direction and Planning

7. We have clearly discussed what I want to achieve in treatment.	☐	☐	☐
8. My treatment goals are realistic and meaningful to me.	☐	☐	☐
9. My psychiatrist understands what matters most to me.	☐	☐	☐
10. Our session time is used efficiently to work toward my goals.	☐	☐	☐

Medical Care and Monitoring

11. My psychiatrist gives clear guidance about side effects and when to seek help.	☐	☐	☐
12. My psychiatrist regularly monitors my physical health (vitals, weight, labs as needed).	☐	☐	☐
13. My psychiatrist considers how medications might affect my other health conditions.	☐	☐	☐
14. My psychiatrist coordinates effectively with my other healthcare providers.	☐	☐	☐
15. I am confident in my psychiatrist's understanding of complex medication interactions.	☐	☐	☐
16. My psychiatrist is responsive and offers new approaches when needed.	☐	☐	☐
17. My psychiatrist considers biological, psychological, and social factors in my care.	☐	☐	☐
18. My psychiatrist understands how my life circumstances affect my mental health.	☐	☐	☐
19. I can reach my psychiatrist when needed between appointments	☐	☐	☐
20. I feel confident trying new treatments because I know I can get help if needed.	☐	☐	☐

For each statement, please choose: **Yes** (2 points) = This is consistently true;
Sometimes (1 point) = This happens occasionally; **No** (0 points) = This rarely or never happens

Medication Management

	YES	SOMETIMES	NO
21. My psychiatrist explains medications and their effects in understandable terms.	☐	☐	☐
22. My medication concerns are taken seriously and addressed promptly.	☐	☐	☐
23. My psychiatrist actively checks how medications are working and adjusts as needed.	☐	☐	☐

Shared Decision Making

24. I am offered meaningful choices in my treatment options, not just one thing it "has" to be.	☐	☐	☐
25. I can voice concerns or disagreements without fear of judgment.	☐	☐	☐
26. I am empowered to participate actively in treatment decisions.	☐	☐	☐
27. I receive enough information to make informed choices about my care.	☐	☐	☐

Scoring Guide

Trust and Connection (#1-6) _____/12
 Treatment Direction and Planning (#7-10) _____/8
 Medical Care and Monitoring (#11-20) _____/20
 Medication Management (#21-23) _____/6
 Shared Decision Making (#24-27) _____/8
 Total Score: _____/54

Interpretation

45-56 = Strong Partnership
 34-44 = Good Partnership with Room for Growth
 23-33 = Partnership Needs Attention Below
 <23 = Partnership Needs Significant Work

Areas to Remember!!

- You should always be able to ask questions if something isn't clear.
- A strong psychiatric partnership is a two-way collaboration.
- Successful treatment requires active participation, including tracking symptoms, keeping appointments, following treatment plans, and providing honest feedback.
- Building trust and understanding takes time - it's normal for relationships to develop gradually.
- It's healthy to bring up concerns or disagreements - a good partnership can hold space for different perspectives
- Even the best psychiatrists don't have all the answers - honesty about limitations and continued learning are strengths!
- The therapeutic relationship is a crucial component of healing - both parties working together creates the foundation for progress!
- If things aren't improving over time, it's okay to discuss this with your psychiatrist or consider other options or a second opinion.